

Slow Cooker Lentil Soup

Rating: ****

Makes: 6 servings

Ingredients

6 cups water

1/4 cup parsley (chopped fresh, or 2 Tablespoons dried parsley optional)

2 teaspoons beef bouillon (or 2 cubes beef bouillon)

1 1/2 cups lentils (dry)

2 carrot (medium, sliced)

1 onion (medium, chopped)

2 celery stalk (sliced)

Directions

- 1. Mix all ingredients together in slow cooker.
- 2. Cook on LOW for 8 to 10 hours or HIGH for 4 to 5 hours.
- 3. Serve hot with crackers or bread.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	190	
Total Fat	0.5 g	1%
Protein	13 g	
Carbohydrates	34 g	11%
Dietary Fiber	16 g	64%
Saturated Fat	0 g	0%
Sodium	50 mg	2%